

The 12-Minute Family Feeling Self-Healthcare System

A presentation of the BodyTalk Access system

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The Hydration Technique



Whole Health for a Whole World

*This PDF is a “Learn More” document designed to offer more depth of understanding of the BodyTalk **Hydration Technique** that is presented as the third video of the 7-video series, **The 12-Minute Family Feeling Self-Healthcare System**. The reader is advised to consider this document as supplemental, not required. But I strongly encourage you to read this material.*

*First and more importantly, focus should be placed on gaining mastery in performing the Hydration Technique. To gain that mastery, click the “**ENTIRE TECHNIQUE PERFORMED**” time indication in the Description area under the Video. It is assumed, of course, that you have already viewed the entire video and that you use the “**ENTIRE TECHNIQUE PERFORMED**” part of the video as review of how to perform the technique itself.*

*General concepts that apply to all five BodyTalk Access techniques will not be repeated here. To learn about those concepts, access *The Cortices Technique PDF* and read the information there*

General Concepts for The Hydration Technique

By far, water is the most important element of the human bodymind complex. It has been calculated that the human bodymind complex is composed of from 70-80% water and plasma, though other figures claim 92%. Water is essential for all bodily processes.

Dehydration is a deficit of total body water. And if the body is not properly hydrated, then imbalance and illness can and will occur.

But it is *not necessarily* the case that dehydration occurs due to insufficient water intake. There are people who drink plenty of water, and still remain dehydrated. This is because there are *other* reasons that dehydration can occur. For instance, electrolytes like calcium, phosphorus, sodium, chloride, magnesium, and potassium are necessary to deliver fluids to your cells. The kidneys rely on electrolytes to help you retain water. So if you do not ingest enough electrolytes, the water you drink will pass right through you, rather than staying in your body to help replenish and nourish your cells.

There are foods, of course, that provide electrolytes, such as yogurt, collard greens, black-eyed peas, skim milk, red meat, chicken, fish, broccoli, winter squash, tomatoes, lima beans, fruits such as bananas, kiwis, cantaloupe, apricots, etc. BodyTalk practitioners do not make dietary suggestions to clients, unless they are also qualified dietitians or nutritionists.

What BodyTalk practitioners have experienced is this. During a session, Innate Wisdom may lead the practitioner to “Hydration,” on the Protocol Chart. After establishing whether there are any “further-more-specific” details related to the issue of hydration, the practitioner will check for any “links.” If there are no more links, and Innate indicates that it’s time to “tap out,” then the practitioner will perform the Hydration Technique.

Now, what sometimes happens next is fascinating. The client might later call the practitioner, or arrive at the next scheduled session, and say, “You know, I’m developing a strong taste for lima beans, of all things.” Well, it so happens that lima beans are rich in potassium. Potassium is a needed electrolyte, and the client’s problem of dehydration may have been because of a lack of potassium. The BodyTalk session did not end with the practitioner offering a prescription for the client, such as, “start eating fish.”

Instead, the Innate Wisdom of the client set in motion, within the client, the mechanism within the Head-Brain that triggered a healthy form of craving.

As you saw in The Hydration Technique video, dehydration can affect many things in the bodymind complex—nerve transmission muscle contraction, the development of harmful free radicals, lung function, cell division, energy conduction, hyperactivity, malnourishment, rejuvenation of skin, etc.

Dehydration also strongly affects the movement of lymph throughout the body and causes the lymph system to clog up and malfunction. This means that waste products from cellular metabolism cannot be eliminated and instead they build up in the tissues. The lymph system is also closely tied into immune system function, so proper hydration of the body is an important aspect of being able to ward off bacterial and viral infections, cope with allergies and food intolerances, and deal with toxins that have come into contact with the body.

An important factor associated with dehydration is emotions. Emotions affect the membranes of all cells in the body. So if emotions are not synthesized and harmonized through the action of water, they can drastically impede the transport of materials, including water, across cell membranes.

You will recall that in the Body Chemistry technique the Temporals of both sides of the head were held to communicate with the Limbic Brain, or the Limbic System, because the Limbic System processes emotions. In fact, as you saw in the videos, the Body Chemistry Technique and the Hydration Technique are exactly the same, except that in the Body Chemistry Technique saliva is used to moisten the cotton of the Q-Tip, and in the Hydration Technique water is used.